



Herbed Garlic Bread

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



343 kcal

SIDE DISH

Ingredients

- 0.3 cup shedd's spread spread country crock®
- 1 teaspoon herbs dried fresh crushed finely chopped
- 0.5 teaspoon garlic powder
- 12 oz bread french italian sliced lengthwise

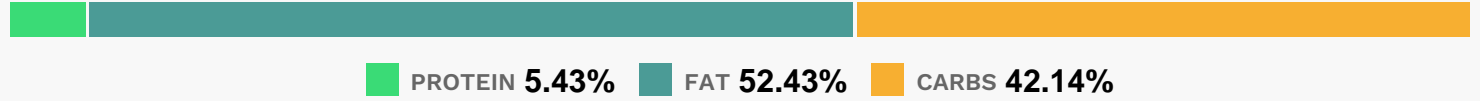
Equipment

- oven
- aluminum foil

Directions

Bake foil-wrapped bread in preheated 425 degree oven for 25 minutes.

Nutrition Facts



Properties

Glycemic Index:15.33, Glycemic Load:3.49, Inflammation Score:-1, Nutrition Score:2.5665217232283%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg

Nutrients (% of daily need)

Calories: 343.16kcal (17.16%), Fat: 20.02g (30.81%), Saturated Fat: 10.89g (68.05%), Carbohydrates: 36.21g (12.07%), Net Carbohydrates: 34.1g (12.4%), Sugar: 22.05g (24.5%), Cholesterol: 0mg (0%), Sodium: 213.5mg (9.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.67g (9.34%), Vitamin B3: 2.56mg (12.79%), Folate: 36.89µg (9.22%), Fiber: 2.1g (8.44%), Iron: 1.25mg (6.95%), Vitamin B1: 0.08mg (5.46%), Potassium: 133.3mg (3.81%), Vitamin B2: 0.06mg (3.44%), Magnesium: 10.21mg (2.55%), Phosphorus: 23.8mg (2.38%), Vitamin C: 0.85mg (1.03%)